



# Tools For Action

A sample of physical education initiatives in Wisconsin

## "Lap before play"

### Contact Information

|  |
|--|
| <b>Main Contact Person</b>               |
| Brenda Simone                            |
| <b>Title of Main Contact</b>             |
| Elementary Physical Education Specialist |
| <b>School Name</b>                       |
| Robert's Elementary School               |
| <b>School District Name</b>              |
| St. Croix Central                        |
| <b>Contact Phone Number</b>              |
| 715-749-3119                             |
| <b>Contact Email Address</b>             |
| bsimone@scc.k12.wi.us                    |

### Program Information

|   |
|---|
| <b>Program Name</b>   |
| Lap Before Pla  |
| <b>Program Category</b>   |
| Recess ideas that complement PE class   |
| <b>Grade Level</b>  |
| 3-5   |
| <b>Assessment Method</b>  |
| Fitness indicator (test scores, miles walked);<br>Impact on bahavior (increase in active minutes or miles walked) |

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Students in grades 4 & 5 had an opportunity to log miles by walking or running laps at their lunchtime recess. This was an optional program. After completing laps, students would chart their progress by coloring in one "shoe" for each lap they completed on charts posted in the cafeteria. 1 lap = 1 shoe = 1/4 mile. 4 laps = 1 mile. Students were recognized in PE class for every 5 miles logged. This program ran for 6-consecutive weeks in the fall of the year.

## A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)